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19. A method according to claim 16 wherein the tension is applied to the second and third layers by chemical or thermal shrinkage after bonding to the first layer.
20. A method according to claim 16 wherein after bonding to the first layer, each of the second and third layers are under a tension of between 5 to 1000 newton/m.
21. A method according to claim 20 wherein each of the second and third layers comprise a resilient material.
22. A method according to claim 21 wherein each of the first, second and third layers comprise a resilient polymer.
23. A method according to claim 21 wherein each of the first, second and third layers has a thickness of less than 10 mm.
24. A method according to claim 16 wherein after bonding to the second and third layers, the first layer is held in compression by the second and third layers.
25. A method according to claim 8 wherein the first layer is held in a compression of between 5 to 1000 newton/m.
26. A method according to claim 24 wherein the compression is applied to the first layer after bonding to the second and third layers, by chemical or thermal expansion of the third layer.